



ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis



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Zinc

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Sources Of Zinc

Seafood - oysters, herring
Meats - beef, lamb, beef and pork liver
Nuts/seeds - sunflower, pumpkin
Dairy - cheese
Grains - wheat germ
Miscellaneous - brewer's yeast, maple syrup, bone meal, gluten, tea

Roles In The Body

- Activator of many key enzymes.
- Growth and development
- Male reproductive system
- Insulin production and secretion
- Prevention of cadmium and copper toxicity

Functions Of Zinc

Circulatory - maintenance of artery walls
Respiratory - removal of carbon dioxide and maintenance of acid-base balance
Digestive - production of digestive enzymes, and normal liver function
Nervous - essential for brain development and neurotransmitters
Special senses - appetite regulation, smell and taste
Reproductive - testes, ovaries, prostate, male fertility
Endocrine - insulin and pituitary gonadotropin secretion
Blood - red blood cells and blood proteins
Skeletal - bone integrity, prevention of osteoporosis
Skin - required for normal integrity of hair, nails, and skin
Protective - required for wound healing and integrity of the immune system
Metabolic - normal carbohydrate and protein metabolism
Detoxification - assists in removing toxic accumulation of cadmium and copper
Psychological - powerful mood stabilizer and 'sedative' mineral

Synergetic Nutrients

magnesium, vitamin A, D, E, B6, high-protein diet

Antagonistic Nutrients

Absorption - copper, cadmium, iron, chromium, manganese, selenium, phytic acid, vegetarian diets, soy, cereals, fiber in diet
Metabolic - copper, iron, cadmium

Hair Analysis Notes

Zinc is considered a "masculine" mineral, because of its importance in the formation of male sexual hormones.

High Hair Zinc:

- An elevated zinc level is commonly due to a loss of zinc from the body tissues. In these cases, zinc supplements will often be recommended.
- Zinc levels may appear high to help compensate for copper toxicity. Thus high zinc can be a tipoff of a hidden copper toxicity.
- Use of Head and Shoulders shampoo occasionally results in an elevated zinc reading.
- Cadmium toxicity can cause a zinc reading to appear high.

Low Hair Zinc:

- Zinc will often read low if the sodium/potassium ratio is less than 2.5:1. In this case, it is not always wise to give much zinc.
- Zinc is commonly low in "fast" oxidizers.
- Very low zinc levels are often associated with emotional instability and with problems of growth and development in children.

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